



# 12 Days of Fitness

Enter to win a **FREE** health magazine subscription after completion of program.

## Do holiday events wear you out rather than lift you up?

Give yourself the gift of fitness by participating in the **12 Days of Fitness**, brought to you by the City of Rockville Community Wellness Program. This program is designed to encourage moderate exercise during the holiday season. Participants pledge to stay within 3 pounds of their current weight between Thanksgiving Day and New Years Day. Even small amounts of exercise will help increase energy levels, reduce stress and control holiday weight gain.

To participate, exercise at least 12 days between Nov. 23, 2006 and Jan. 1, 2007. Exercise activity can be any length and any type but strive for at least 30 minutes. Write each exercise activity on the calendar on the reverse side. After Jan. 1, mail or drop off the calendar and completed form to Rockville City Hall, Attn: 12 Days of Fitness/Rockville Wellness Program, 111 Maryland Ave., Rockville, MD 20850. The following facilities will also be accepting completed calendars: Croydon Creek Nature Center, Lincoln Park Community Center, RedGate Golf Course, Rockville Senior Center, Rockville Swim Center and Twinbrook Community Recreation Center.

Participants will be entered into a drawing for a chance to win a FREE subscription to a health magazine and receive 10 "Rockin' Rewards" points. Rockin' Rewards is Rockville's Recreation rewards program where participants earn credits towards free classes or camps. For more info visit [www.rockvillemd.gov/wellness](http://www.rockvillemd.gov/wellness).

### GETTING STARTED

- Plan ahead
- Set realistic goals
- Break up workouts throughout day...so instead of one, 30 min. workout, do 10 min. workouts, 3 times a day
- Create a support system by partnering with a relative or friend
- Incorporate a variety of enjoyable exercise activities

### TIPS FOR HOLIDAY SHOPPING

- ✓ Wear exercise shoes
- ✓ Park farther away
- ✓ Bring along healthy snacks, bottled water, etc.
- ✓ Watch portion sizes
- ✓ Use the stairs often while shopping

### BENEFITS OF HOLIDAY FITNESS

- ✓ Burns excess holiday calories
- ✓ Boosts energy level
- ✓ Keeps stress low and spirits high
- ✓ Helps holiday clothes fit better
- ✓ Creates a new holiday tradition
- ✓ Sets aside personal time during the holiday rush
- ✓ It is FREE

### FITNESS ACTIVITIES IDEAS

- Walk in the morning or after dinner with family, friend(s), or a pet
- Put on music and dance like no one is watching (try to work up a sweat)
- Use a variety of exercise videos to help motivate you such as Yoga, Pilates, Tai-Bo, etc.
- Try a local recreation center or a low-cost gym option
- Go ice-skating with family and friends



City of Rockville  
Department of Recreation and Parks • Community Wellness Program

# 12 Days of Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				NOV. 23	24	25
26	27	28	29	30	DEC. 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	JAN. 1					



**YES!**

I exercised for 12 or more days during the holiday season for 30 minutes or more each day. Write exercise activity in calendar above.

\_\_\_\_ Number of days you exercised (must be 12 days or more) to be entered into a drawing for a chance to win a free subscription to a health magazine and receive 10 "Rockin' Rewards" points. For more information visit [www.rockvillemd.gov/wellness](http://www.rockvillemd.gov/wellness).

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_

Please mail or drop off this calendar and completed entry form to: Rockville City Hall, Attn: 12 Days of Fitness/Rockville Wellness Program, 111 Maryland Ave., Rockville, MD 20850. See reverse for other areas accepting calendar drop-offs.